

WHAT IS CLAIMED IS

1. A U-nut comprising,
 - a) a substrate including a flex area wherein the substrate and the flex area include a polymer;
 - b) a first substrate segment, a second substrate segment, and a flex area, wherein the first substrate segment and the second substrate segment are located adjacent to the flex area;
 - c) a retainer located on the first substrate segment; and
 - d) an acceptor located on the second substrate segment.
2. A U-nut assembly comprising,
 - a) a substrate including a polymer;
 - b) a first substrate segment, a second substrate segment, and a flex area, wherein the first substrate segment and the second substrate segment are located adjacent to the flex area and the flex area is configured so that the first and second substrate segments are capable of being brought into contact by moving along a predetermined path;
 - c) a retainer including a plurality of securing members wherein the retainer is located on the first substrate segment;
 - d) an acceptor located on the second substrate segment including a cooperating surface and a securing surface wherein the angled surface cooperates with the cooperating surface so that the securing members are snap fit into the acceptor; and
 - e) a fastener configured to tap threads into the acceptor wherein the fastener exerts a clamping force on at least one of the substrate segments.